

## Acupuncture

Acupuncture is a form of Chinese medicine that has been practiced for centuries. It's based on the theory that energy flows through and around your body along pathways called meridians. Acupuncture involves inserting extremely thin needles through your skin at strategic points on your body. By inserting needles into these strategic points, acupuncture practitioners believe that your energy flow will re-balance.

### WHO CAN BENEFIT FROM ACUPUNCTURE?

Individuals suffering from sports injuries, acute and chronic pain, headaches, and other conditions involving the neurological, muscular-skeletal, respiratory, digestive, genito-urinary and gynecologic and reproductive systems. Our program will also benefit individuals who are looking to reduce stress and/or maintain emotional balance and well-being.

### WHERE ARE APPOINTMENTS OFFERED?

Penfield Sports and Spine Rehabilitation: Platinum Office Building, 2064 Fairport Nine Mile Point Road, Suite 100.

Strong West: 156 West Ave., Brockport, NY 14420.

### WHEN ARE APPOINTMENTS OFFERED?

Call to schedule appointments.

### HOW MUCH DOES IT COST?

Many insurance companies now offer policies that cover acupuncture. Since each insurance company has different policies, it is best to check with your insurance company to determine if your treatment will be covered. Self-pay options are also available if your insurance company does not cover acupuncture.

**To schedule an appointment, please call (585) 851-0700.**